



Northfield Senior Center Newsletter

April 2023



The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

Senior Center /CoA Director:

Colleen Letourneau, LSW

Program Assistant:

Linda Keech

Board Members:

Deb Lanou, Chair

Jim Whitcomb, Co-Chair

Betty Whitcomb,

Treasurer

Christine Harris,

Acting Secretary

Margaret Livingstone

Peter Vearling

Debby Wiesen Kelly

Phone & Information:
(413) 498-2901 x 114

Email:
seniorcenter@northfieldma.gov

Website:
www.northfieldma.gov/seniorcenter

Address:
69 Main Street
Northfield, MA 01360

Friends of the Northfield Seniors!

Born and raised in Franklin County, I've always loved this area. I grew up in Leyden, at the same house my parents still live. I attended PVRs and went on to Widener University in Pennsylvania, where I majored in Hospitality Management with a minor in Business. I love working in the service industry and have experienced several aspects, including one of my favorites at Erikson Retirement Communities.

After seven years, I returned home and started as The Farm Table's event manager as part of their opening team. I stayed with them until our opportunity came to become new owners of the golf course property. We have been so grateful for this amazing experience and truly enjoy the community and the history of the Inn, Chateau, and the golf course. We look forward to our future here, as well!

In my personal life, I have been enjoying married life for the past three years and we are now enjoying life with a sixteen-month-old little girl. We recently bought our forever home right here in Northfield and look forward to raising our family here. Our down time quite honestly consists of a lot of golf, but luckily we all like to spend time at the course!

I enjoy being involved in community engagements. We love bringing the community together at events such as live music gatherings, trivia nights, or non-profit fundraisers. I have been involved with the Friends of the Northfield Seniors since it re-started several years ago. I enjoy assisting in fundraising efforts by hosting the summer concert series, donating cans, and planning upcoming social events. It's a nice way to meet many new people in town and work with members in fun ways to keep people connected.

Shelby (Snow) Hasanbasic

Friends of the Northfield Seniors member



Life Path is continuing to assist folks with Medicare questions by calling LifePath's main number (413) 773-5555 ask for SHINE.

SHINE - Servicing the Health Insurance Needs of Everyone

!!! THREE APRIL COFFEE SOCIALS !!!



Coffee Social
MONDAY – April 3rd
10:00 a.m. – Noon



Speaker at 11:00 a.m.
Speaker, Cassandra Morrey*, from GFLD Savings Bank

How Can Credit Affect You!

Good Credit? Bad Credit? No Credit at all? Rebuild Credit?
Where to start? Let's Talk!

**Cassandra (Cassie) is a VP at Greenfield Savings Bank and oversees the daily operations of residential lending. Greenfield Savings Bank has been the #1 Lender in Franklin County for the last 21 years!*

&



SPECIAL TOWN OF NORTHFIELD

SAFETY COMPLEX
TUESDAY - APRIL 4th
10:30 a.m.



The Building Committee will be on hand to share Safety Complex plans.
They'll be joined by the Architect at 11:00 a.m. Stop in to learn more.

&



SPECIAL NEIGHBORS At HOME

Coffee Social
WEDNESDAY – APRIL 19th
1:00p.m.



PRESENTATION & SEED SWAP

Come visit with Neighbors at Home. Enjoy some snacks with coffee or tea while they share information about their programs and activities.

Neighbors at Home will also have some seeds to share.
If you would like to add some to the collection, bring them along.

Neighbors at Home

Call in your service requests – New # 413-200-8183

Contact: info@neighborsathome.org or service@neighborsathome.org
www.neighborsathome.org.

APRIL Backdoor Take and Go Lunch!

*Black Bean/Pork/Beef Chili (vegetarian upon request)
Garden Salad, Corn Bread - Cookies for dessert*

Friday, April 21st @ 11:30 a.m.

Available for pickup at the Senior Center Kitchen Back Door.

Suggested Donation of \$6 per meal is appreciated to help cover our costs.

**MUST RSVP by calling the Senior Center at 413-498-2901 x 114 or emailing
seniorcenter@northfieldma.gov**

By no later than 3:00 p.m. Monday, April 17th !



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program).

Pick up is available on the FIRST THURSDAY of every month.



Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).

***RSVP the week before by**

Calling: 334-663-6541 OR e-mailing ldewitt@fccmp.org OR online at fccmp.org/rsvp.

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.-1:00 p.m. Please Follow COVID-19 Posted Rules.



The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, helps you stretch your food dollar to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. +To find out if you're eligible and to apply CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204 for more information.

LOAVES & FISHES








Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for those who have been furloughed, laid off or simply need emergency assistance.



Call Cathy Hawkins Harrison at 413-498-2038 for more information.

April

Further details for Programs on our Calendar are posted elsewhere in this Newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
INCLEMENT WEATHER & CLOSINGS: Listen to TV WWLP 22 news, Radio WHAI radio group, Western MASS News ABC 40				
3 Speaker @ 11 AM 10:00 AM - Noon Coffee time snacks & knitting 10-11  1:00 PM BRIDGE	4 10:30 AM Safety COMPLEX Coffee Social  1:00 – 4:00 PM Samba card game	5 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom ONLY 12:30 – 2:30 PM Nurses Available RSVP for SELF DEFENSE Class	6 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall BROWN BAG pickup @ 11:30 AM 1:00 – 4:00 PM Covid Vaccine CLNIC	7 Senior Center & Town Hall CLOSED on Fridays
10 10:00 AM "Happy Feet"  1:00 PM BRIDGE	11 Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game	12 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY 1:00 PM SELF DEFENSE CLASS	13 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 12:30 PM – TED TALKS 1:00 PM Knitting	14 Senior Center & Town Hall CLOSED on Fridays
17 Last day to RSVP for Lunch HOLIDAY OBSERVED Town Hall and Senior Center CLOSED	18 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba card game Last day to RSVP for Art Class	19 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY 1:00 PM Neighbors Coffee Social – Presentation & seed swap	20 9:30 AM 60+ Yoga (Libby) Zoom & In-person @ Town Hall	21 11:30 AM Take & Go Lunch pick up by reservation *Senior Center OPEN until 1 PM
24 10:00 AM - "Gelli Printing" ART CLASS 1:00 PM BRIDGE	25 Foot & Blood Pressure Clinic By appointment only 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game	26 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY 1:00 PM SELF DEFENSE CLASS	27 9:30 AM 60+ Yoga (Libby) Zoom & In-person @ Town Hall 10 AM – Noon Internet Café 1:00 PM Knitting 	28 Senior Center & Town Hall CLOSED on Fridays

COVID

THURSDAY – APRIL 6th
1:00 – 4:00 p.m.

Vaccine Clinic

\$25 Stop and Shop Gift Card

to everyone eligible to receive a vaccination

Pre-registration strongly
suggested. **

Open to all age groups

- Pfizer COVID 19 Vaccine Monovalent adult 12+
- Pfizer COVID-19 Pedi 5-11 Monovalent
- Pfizer COVID-19 Vaccine <5 Monovalent 6mos-5yo
- Pfizer COVID-19 vaccine Bivalent 12+ Bivalent adult 12+
- There is no Bivalent for Pfizer under 12 as of yet.
- Moderna Bivalent and Moderna Monovalent 6 and older



Commonwealth of Massachusetts

Bring your insurance card, ID and your covid card if you have it.

**** Pre-registering will help make the process go smoother/quicker:**

<https://home.color.com/vaccine/register/behavioralhealth?calendar=677fd18e-6312-42fa-9cce-51f08461ec8c&site=northfield-senior-center-1810>



Drop-In Nursing Hours April 5th, 12:30-2:30 p.m.



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Everyone is welcome, no appointment is needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided on the first Wednesday each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**.

If you need help finding a COVID Vaccine or for more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 774-3167 x 156. Come and say hello!



James R. (Jim) Giard

March 11, 1935 – February 26, 2023

SELF DEFENSE for SENIORS

This is a two-session workshop designed to provide seniors with strategies and tactics that can help keep them safer. The workshop will be offered in April and repeated in May.



First Workshops: April 12 and April 26 at 1:00 PM
Repeated Workshops: May 10 and May 24 at 1:00 PM

PRE-REGISTRATION/ RSVP DUE BY APRIL 5th

Call 413-498-2901 x 114

Minimum of 4 people are needed for this class.

The class is free, but donations to support programs offered by the Senior Center are welcome. This class will be taught by Betty Whitcomb and Bernie Boudreau, who studied martial arts together for several years. Whitcomb holds a fifth-degree black belt in Tae Kwon Do; Boudreau holds a second-degree black belt.



ART CLASS
"GELLI PRINTING"
Monday, April 24th
10:00 a.m. – Noon

Come join us for a basic class in Gelli Printing. It's easy, engaging, and lots of fun! Work with springtime colors, shapes and textures. We'll be working with acrylic paints, so please bring a smock.



New Participants are always welcome to come and learn. Everything will be provided.

Come join our Art Class by retired art teacher Ginny Rockwood.

PRE-REGISTRATION/ RSVP DUE BY 4/18/23

Call 413-498-2901 x 114

Cost is \$8.00 for all materials and professional instructions. Limited to 8 participants

CARD GAMES

Ongoing ~ SAMBA

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Ongoing ~ BRIDGE

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon.



"Happy Feet" Walking group

*** New earlier meet up time, now 10 AM ***

In the event of inclement weather, poor road conditions or steady rain /sleet/ice, the walk will be canceled.

Monday April 10th - starting at 10:00 a.m. Meet & park at the last driveway on Old Vernon Road Northfield MA. This is a paved scenic Road alongside beaver made ponds with bird sightings in store.

Bring your cameras and binoculars.

Dogs on leashes are most welcome.

We will resume our Happy "Little" Feet recess activities in May.

See you soon ☺ Littles!



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

2 Clinic this month: April 11th & April 25th

Please call for availability 413-498-2901, ext. 114.

(Slots fill up fast)

Service is free; donations appreciated for supplies and for Council on Aging programs.



Free Wi-Fi

INTERNET CAFÉ
Thursday, April 27th
10:00 a.m. – Noon

DROP IN bringing your own tech devices (laptops, tablets, smartphones). **OR ask about using our iPads (Lifepath grant).**

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.



60+ YOGA

Zoom and in-person at the Northfield Town Hall

Thursdays 9:30 - 10:30 a.m.

***see statement below**

Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!* Explore how the tools of yoga can help you

- move with more ease,
- balance with greater confidence,
- breathe more deeply,
- think more clearly, and
- sleep more soundly.



Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal grants administered by the Town of Northfield, MA.*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360.*

Donations ensure the continuation of this valuable program.

***New students** must register in advance and complete a Waiver prior to attending first class.

To register/ for more info: call or text 413-834-4524 or email libby@yogalibre.net.

"Class via Zoom only when the Senior Center is closed due to inclement weather causing hazardous road conditions."



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.

ZOOM only

(An email with the Zoom link will be sent to registered participants.)

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive ("weights" = canned goods; "exercise balls" = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114



Northfield Senior Center KICK-OFF
MAY 4th @ 1:00 p.m.
Stay tuned for details in our May Newsletter



LACE UP YOUR SNEAKERS

**THE WALK
MASSACHUSETTS
CHALLENGE IS ON!**

Just register at www.walkmachallenge.com, choose a challenge, and track your walking during the period between May 1 and Oct 31. With six challenges, there is a challenge for you no matter your ability. Meet milestones and be entered to win up to a \$50 gift card. And, for each person who completes their challenge, your Council on Aging will be entered to win up to \$1,000 for future programming. The more you walk, the more everyone wins!

Walking consistently has numerous physical and mental health benefits. Regardless of how far or fast you walk, whether you use a cane or a walker, remaining active is key to aging well and living independently. Walking and the Walk Massachusetts Challenge is a fun way to build community!





Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



THIS MONTH:

April 13th @ 1:00 p.m.

April 27th @ 1:00 p.m.

Our current project is learning to knit **SWEATERS!** Bring your yarn, patterns and supplies. If interested in knitting sweaters from your home, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00 when TED Talks ends.



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.

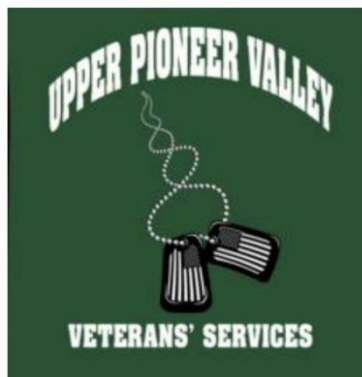


Thursday, April 13th @ 12:30 p.m. - "THRIVE TO KEEP IT WILD"

- 1. The Case for keeping the wilderness wild – Francis Sanzaro**
 - 2. The intended consequences of helping nature thrive – Ryan Phelan**
- If interested in receiving the zoom link, email:** keeneassistant@americanhouse.com

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.



Veterans' Agent Hours

April 25th

9:00 – 11:00 a.m.

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield now has a veterans' agent conducting outreach hours at the Northfield Senior Center - the **Fourth Tuesday of every month.**

They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed.

Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.



Franklin Regional Transit Authority

FRTA

Senior Van support

Call the VAN SERVICE! (413)768-1824

48 Hours Notice

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS REQUIRED